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## ABSTRACT OF THE DISCLOSURE

An adjustable massaging device includes a track comprising two rails formed on a support structure. The device includes a carriage assembly that causes a massaging unit comprising a pair of massaging members to move back and forth along the rails on the support structure. The massaging members are mounted to a rotatable shaft in such a fashion as to perform a finger pressure-like massage or a tapping massage on the interior of the massaging surface, such that a user may be massaged by contacting the exterior of the massaging surface. The adjustable massaging device may be used in the back of a chair, for example, to massage a user's back. The support structure on which the massaging unit is formed is adjustable within the chair such that, in a retracted position, the massaging members are distanced from the massaging surface and the chair may be used as a standard office chair without any massaging parts contacting the massaging surface. In a number of deployed or massaging positions, the massaging members are in contact with the interior of the massaging surface and are capable of exerting various massage pressures. The support structure may be hinged to a bracket and pivotally movable with respect to the bracket by a handle or motorized means.

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